



LINK LETTER

27 July 2023

Lawrence Street, Wodonga Victoria, 3690
Email: wodonga.west.ps@education.vic.gov.au

Phone: (02) 6024 1188
www.wodongawest.vic.gov.au

Enrolments are welcome for all year levels, including Kinder for 2023

Be Safe

Be Respectful

Be A Learner

Principal's Message

Dear Parents/Carers,

Pupil Free Day – Friday 28th July

Remember that tomorrow is a Pupil Free Day. There will be no staff at school as they will be at the Federation of Government Schools Conference all day. Theircare will be operating for those that book in for the day. On Monday when we return there will be a whole school assembly in the Gym beginning at 9.10am. Everyone is welcome to come along and watch assembly any time it is on every fortnight.

PFF Meeting

The next Parents, Family and Friends (PFF) meeting will be held on Monday 7th August at 9.10 am in the Stephanie Alexander Kitchen. We would love for more people to attend these meetings. For people who ordered the Cookie Dough, please note that the delivery date for this will be next Friday (as tomorrow there will be nobody at school). A reminder will be sent out to families with collection details. A huge thank you to those who supported the school with orders, we know you will enjoy them, and they are able to be frozen for future use as well.

NAPLAN Parent Reports

For those families who have children in Years 3 and 5, your NAPLAN Parent Reports are ready for collection from the front office. Please call in and we will give you this report along with information on understanding them. Please speak to your child's teacher or myself if there are any aspects you do not understand. Also remember that these tests are not similar to how students would normally work at school or do other assessments, they are a snap shot in time. Please call in and collect your child's report.

School Review

Every Victorian school is Reviewed every 4 years, and Wodonga West's School Review will occur in Term 1, 2024. This is a large piece of work, and it involves external Reviewers looking at all our policies, programs, school data sets, focus group meetings with parents, staff and students and visitations to classrooms to observe teaching and learning. Our three goals for the past 4 years in our Strategic Plan have been around improving Literacy and Numeracy outcomes, as well as improving student engagement and wellbeing.

These will be the areas they focus their attention on. Before the Review early next year, we have to prepare a pre-review self-evaluation (again, a large piece of work that needs to be completed by mid November). For this to occur, we will be asking for our school community to provide us with the highlights and challenges our school has faced during the past 4 years. There will be opportunities we provide for you to do so, so keep your eyes open for these. Although still in the planning stage, they could be short surveys or forums where we can capture your thoughts for our self evaluation.

Regards
Jocelyn Owen
Principal



**Cookie Dough orders
will be arriving for
collection on
4th August**



Avid Award Winners



100 nights of reading certificate recipients



28th July - Pupil Free Day

Important Dates

- 28 Jul** Pupil Free Day - Wodonga Federation of Government Schools Conference
- 31 Jul** School Assembly - 9.10am
- 4 Aug** Cookie Dough orders arrive
- 7 Aug** PFF Meeting at SAKG 9.10am
- 11 Aug** Athletics Carnival 3-6 years
- 15 Sep** Last day of Term 3
2.30pm finish



**Wellbeing
Report**

If you require a FREE breakfast pack,



please see Mrs Potter

School Canteen News

Due to rising costs Icy twists and Mini Calippo's will now be \$1.50 each.



KINDER PHOTOS

Please Save the Date.

**Kinder photos will be happening
5th and 6th September.**

Families will be allocated a day



LUNCH ORDERS - ONLINE

School lunch orders are now available to be ordered online through



How to Register

- Visit the eCanteen website: www.eCanteen.com.au
- Click on 'New User'
- Select either Google, Facebook or Microsoft account to use as a login.
- You will then need to sign into your chosen account.
- Complete the fields to register your account with eCanteen.
- You will then be asked to create a profile for your student in order to place an order (this is done by clicking new profile). An account can contain multiple profiles (eg one profile for each student).
- Select Wodonga West Primary School and complete the student details - please enter classroom into Room Number (For example, 34C for Mr Celi's class).

Once this is completed you are now right to place an order by clicking new order. Orders must be completed by 9am if ordering lunch for that day.

www.ecanteen.com.au

Self Management

Helping children and young people manage their emotions is important for fostering positive mental health and wellbeing.

What is self-management?

Self-management is learning about your own feelings and emotions, understanding how and why they happen, recognising them as well as those of others, and developing effective ways of managing them.

Learning to self-manage is a critical way that a child or young person learns to cope with the world. When children and young people learn to self-manage their emotions, they feel more confident, capable and in control. They have stronger relationships, are more able to pay attention, learn new things and can cope better with the normal stresses and disappointments of daily life. Developing skills for self-managing a range of emotions is so important for children and young people's emotional wellbeing.

Individuals are unique

Children vary in the way they perceive, respond and interact with the world around them. Some children have lots of energy while others are calm and quiet. Some children prefer variability and new experiences whereas others prefer regular routines. Moods also reflect the individual; some children are mostly positive whereas others are less so.

Children also vary in how they switch between moods, with some taking longer and needing more help than others to recover from being upset. In new situations, some children dive straight in while others tend to withdraw and observe from a distance to decide whether to join in. Concentration spans also vary with some children sticking at tasks for longer than others.

Hormones

Children's 'feel good' hormones (serotonin) are higher when they experience life in their own way and in their own time. Over-scheduled children can feel rushed from one thing to another, causing stress and tiredness. This can lead to tantrums, lack of cooperation or difficulty sleeping. Children with high levels of stress hormones and low levels of 'feel good' hormones may:

-
- engage in conflict or be hard to please
- lack motivation or feel sad or low
- have difficulty focusing
- be unresponsive or find it hard to express themselves
- run away when upset or act defensively
- be worried, wary or watchful
- act silly or be hyperactive
- appear tired or have trouble sleeping

High levels of stress hormones (cortisol) lessen a child's ability to concentrate, manage conflict, problem-solve and try new things. Children who've experienced higher levels of stress in their preschool and primary years show more aggression and anxiety and are not as socially competent than those who've experienced less stress. The good news is it's never too late for children to learn about developing their coping skills and building resilience.

Developing Self-management skills:

Children and young people develop self-management skills by watching and experiencing how other people manage their emotions – they then gradually learn how to do this for themselves. You can support the self-management skills of children and young people by explicitly teaching ways they can notice and manage their emotions.

These might include:

- talking about problem-solving ways of managing upsetting situations (for example, having a calm thought or moving away)
- developing a strategy to use when they're feeling out of control (for example, having a 'calm thought or picture', taking time out by having a family member read them a calming story, or talking with someone about how they feel)
- expressing their emotions in productive ways (for example, by drawing or acting out their feelings with toys or stage props)
- helping children slow down their breathing (for example, by blowing bubbles or pretending to blow out birthday candles) and encouraging them to take deep breaths
- practising mindful breathing with older children and young people.

Talk about emotions

You can also help children and young people develop self-management skills by acknowledging and responding to their emotional communication. Do this by:

- showing appropriate levels of emotion in your interactions with children and young people
- understanding the child or young person's behaviour and how they communicate their emotions
- helping them express their emotions in productive ways (such as drawing, acting or through music)
- trying to see things from the child or young person's perspective and understanding their motives. This helps you to ward off any potential problems and respond quickly and appropriately when challenges do arise.

Adapted from and further information available at <https://beyou.edu.au/fact-sheets/wellbeing/self-management>



SPORTS NEWS

WODONGA WEST ATHLETICS CARNIVAL

Our Athletics Carnival is to be held at Albury Athletics complex on Friday 11th August for all students in Years 3-6. Students participate in their age groups, rotating between nine different events during the day. Information and permission notes have been sent out. Please return them ASAP so you don't miss out. If any parents are able to assist during the day, please let me know.

Susan Macdonald
P.E. Coordinator



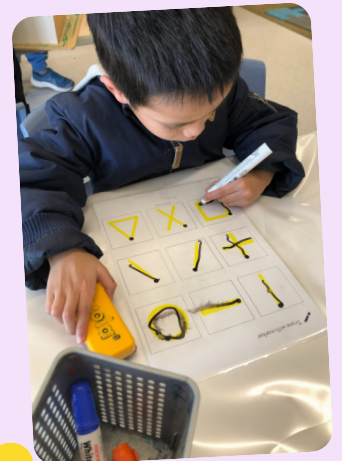
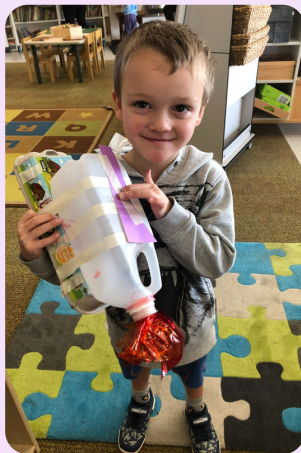
In the Kindergarten

The children have been learning all about recycling. We have looked at how to reduce, reuse and recycle items to stop them going into landfill. The children have also been learning how to use recycled boxes and containers to create objects in our "making station" in our art and craft area.

The kindergarten is starting a recycling program with TerraCycle® called BIC's Best In Class Free Recycling Program which is exclusive to preschools, primary schools, high schools, and universities to recycle any brand of used writing instruments for free.

TerraCycle is a recycling company which recycles items that are not able to be recycled in the yellow recycling bins at home. This program involves the collection of used writing implements, which will be turned into other items instead of going into landfill.

The kindergarten children will be visiting all the school classrooms next week to invite the school students and teachers to join in our recycling program and ask each classroom to collect their used writing implements to contribute to our recycling program.



RECYCLING

The kindergarten is starting a recycling program with TerraCycle® called BIC's Best In Class Free Recycling Program. The kindergarten children invite the students, teachers and wider school community to contribute to this program by dropping your used writing implements in the box provided which will be located in the School Resources Centre. This poster shows which items are accepted for recycling.



yes

- ✓ Pens, felt tips, highlighters, markers, mechanical pencils, correction tape and fluid pots, fountain pens, ink cartridges

no

- ✗ Glue sticks
- ✗ Rubbers
- ✗ Rulers
- ✗ Pencils
- ✗ Sharp objects

When in doubt, leave it out.



TheirCare
Where Kids love to be!

Upcoming Events/Info

Upcoming public holidays/pupil free days:

Pupil free day
Friday 28th July

Our opening hours are:

BSC- 6:30am - 8:50am

ASC- 3:30pm - 6pm

We provide breakfast
for your children
between 6:30am and
8:15am.

Our delicious
afternoon tea is
served at 3:45, once
all the children are
signed in and settled
into our service.

We currently have
vacancies available
for both before and
after school care.

Why not pop in for a
visit and check out
the service or you are
welcome to call us on
0447 007 044

Please Note: If your
child is not attending
care PLEASE inform
Maddie by phone or
email

What an amazing start to term 3 we have had at TheirCare.

The past two weeks we have programmed to celebrate Christmas in July. This Christmas activities included Christmas playdough using Christmas cooking cutters to create shapes and designs. Decorate your own Christmas tree using paper cups, foam sheets, green texters and coloured pom-poms and so many more arts and crafts, but our absolute favourite was Friday fun day where we watched a Christmas movie and snacked on popcorn.

We also celebrated Emoji Day on Monday we designed our own emoji which can be seen on display on our art wall at the back of the service. Some of these designs were so creative, full of colour and fun to look at. This was a great activity for the children to let loose on their imagination and use their creative skills.

This week we welcomed 1000 worms to our service. As a service we will be working together to improve our sustainability and what better way to do that then have a worm farm to help reduce our food waste. Our new worm farm can recycle 5-6KG of kitchen waste a week which will help reduce the food waste within our service and also produce worm tea that we can water our garden with.

PLEASE REMEMBER

Please remember to call or cancel your children when they aren't attending after school care or before school care.

We can not stress this enough as we only have a 20min window in which we deem that child missing and our procedure after 20 minutes is to call the police for a missing child.

All we ask is that you call or even text our service to advise us of an absence. 0447007044

Thank you



Service Number - 0447007044

Service Email - wodongawest@theircare.com.au

TheirCare HQ - 1300 072 410

TheirCare Email - info@theircare.com.au

ENROLMENTS OPEN KINDERGARTEN

3 and 4 year old kinder
enrolments now open for 2024

2024

For tours and booking enquiries

☎ (02) 6024 1188

🌐 www.wodongawestps.vic.edu.au



eCanteen

Online canteen management software

eCanteen is an online order processing system for schools. It can be used on any device without the need for installation. It is mobile compatible as a free simple app installed from the website without any need of an app store.

The eCanteen online ordering system is designed with parents in mind. Many of its features are designed to make the process of ordering from the canteen convenient and simpler for parents of students. These features include:



Simple login

Login with a Facebook, Google or Microsoft Account to cut down on having to remember yet another login. Don't have one of these, don't worry it's easy to sign up to one of these providers for free.

Manage your own students

Your account allows you to create profiles for multiple students across multiple schools (should those schools be using the eCanteen online ordering system). This stores the details of your students and allows you to process orders for one or more children in a single transaction, rather than having to place individual orders for each student.

Order up to a week in advance

Not only does eCanteen allow you to order for multiple students, it also allows for you to place all your orders for the current week. Cut off times are set by your school's canteen, so please check to make sure you complete your order for a day before the cut off time.

Repeat Orders

Easily access previous orders to copy them into a new order, cutting down on time taken to complete your orders.

Easy, secure payment

All payments are processed by PayPal. PayPal is a trusted payment processing site which gives you security in knowing your details are securely stored, so you don't have to enter them every time. PayPal allows you to use either a credit card or bank account and keeps a record of all payments made.

www.ecanteen.com.au



eCanteen

Online canteen management software

Getting Started

Register Your Account

To use eCanteen you need to register an account and login. To do this you can use an existing Facebook, Google or Microsoft account. You will need to provide eCanteen with your First Name, Last Name, Email Address and Phone Number so that the school can contact you if there are any problems with your order.

Create Profiles

Once you have logged in you need to create a profile to be able to make order. A profile can be created for a Student or School Staff Member. When you create a profile, you must provide the First Name and Last Name of the student or staff member and select their school. Your school may also require you to provide student code, home group, teacher or room. You can have as many profiles linked to your account as you need, with each profile being able to be link to a different school as needed.

Placing an Order and Checking Out

Now you can place an order for each of your profile. Click the new order button and add items to your order by clicking the select button. You can add multiple items by clicking the plus button. After clicking the save button you will return to see all your selected items. You can order for multiple profiles across multiple days of the week in one transaction. Once you have completed all your selections click the checkout button to process all your orders via PayPal.

www.ecanteen.com.au

1 ADD STUDENTS
Register your account

2 PLACE ORDERS
Create student orders

3 CHECKOUT
Securely pay for your orders



Catholic College Wodonga

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ALBURY ENTERTAINMENT CENTRE



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Call (02) 6055 8000 or scan

Raising Resilient Children (from the Triple P International)

*For parents and carers of children aged
between 2 and 10 years*



This session will provide information on:

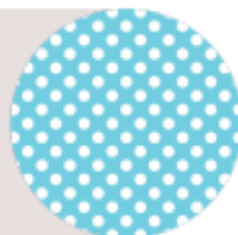
- Recognising and accepting feelings
- Expression of feelings
- Building a positive outlook
- Developing coping skills
- Dealing with negative feelings
- Stressful life events

Location	Date and Time	Cost
Online (link will be provided)	Monday 21st August 7pm to 9pm	This is a free program

Book your place

To book your place contact Gateway Health on 0457 279 796 or email parenting@gatewayhealth.org.au

Bookings are essential



gatewayhealth.org.au

Please note this information applies to Term 3 2023.

Tuning in to Kids

Emotionally intelligent parenting

For parents and carers of children aged between 2 and 10 years.

This five-week program aims to help parents and carers understand their child's experience and connect with and support their child.



This program will look at:

- managing meltdowns
- tuning in to your children's emotions to help manage behavior
- emotion coaching – helping children to understand and regulate their emotions
- problem-solving and self-care
- the different styles of parenting.

Location	Date and Time	Cost
Gateway Health 155 High Street Wodonga	Wednesdays 2nd - 30th August 10am - 12noon	This is a free program

Contact us

For enquires and to register your attendance please call 0457 279 796 or email parenting@gatewayhealth.org.au.

Bookings are essential

gatewayhealth.org.au

Please note this information applies to Term 3 2023.

gateway
health

People living well

Dads Tuning in to Kids Group Program

For parents and carers of children aged between 3 and 12 years.

This seven-week program is aimed at male parents and carers.

This program will support you to help your child understand and manage feelings ('emotional intelligence').

Children with good emotional intelligence:

- have better concentration at school
- have better success making and keeping friends
- are more able to manage conflict with peers
- are more able to calm down when upset or angry.



Location	Date and Time	Cost
Felltimber Community Centre - 189 Melrose Drive Wodonga	Wednesdays 26 July - 6 September 2023 7pm to 9pm	This is a free program

Light supper will be provided.

Contact us

For enquires and to register your attendance please call Andrea on 0457 279 796 or email parenting@gatewayhealth.org.au.

Bookings are essential



gatewayhealth.org.au

Dads Tuning in to Kids



gateway health
People living well

Does your child care for you or a sibling?

Summar, carer to her brother.



Does your child look after a family member with disability, a medical condition, mental illness or who is frail due to age?

Do their caring responsibilities affect their wellbeing or ability to study, work or socialise?

If you answered yes to any of these questions, Carer Gateway can support them.

What is Carer Gateway?

Carer Gateway is the Australian Government's national carer hub providing free, **short-term** supports and services for unpaid carers.

How do I contact Carer Gateway?

You can visit carergateway.gov.au or phone **1800 422 737**.

**ARE YOU A PARENT WITH A CHILD
AGED 0-5 YEARS?**

**DO YOU STRUGGLE WITH
OVERWHELM OR LOW
MOOD?
YOU ARE NOT
ALONE.....
THRIVE**



**A 4 WEEK PROGRAM USING THERAPEUTIC
TECHNIQUES**

**AND SUPPORT TO PROMOTE MENTAL HEALTH AND
WELLBEING IN PARENTS AND CHILDREN**

Where: The Cube, Wodonga

When: TBA

4 weeks @ 10:30 -12:00pm

Completely free!

TO REGISTER NOW

call/email Sophie Clarke- 0473460683

earlyhelp@junction.org.au



Ovens & Murray Early Help



it's easier to care than to turn away

Weekly Carevan Meals

Monday Lunch 12pm – 1pm

St Marks Anglican Church, North Albury (Car park area)
Corner Corella & Gulpha Streets, North Albury

Tuesday Night 6pm – 7pm

Nagle Centre (Quamby House)
Dempsey Place, South Albury

Wednesday Night 5.00pm – 6.00pm

Westside Community Centre (*Not operating during School Holidays*)
16 Mulga Place, West Albury

Thursday Night 5.30pm – 6.30pm

Xavier College, Currawong Street, Albury

Thursday Night 6:15pm – 7:15pm

Felltimber Community Centre Wodonga

Come along and enjoy nutritional meals, good company and great service

Carevan Foundation is helping to feed, house and educate the homeless, disadvantaged and young people in need in rural, remote and regional Australia

Web: www.carevan.com.au

Email: info@carevan.com.au

Phone: 0492 808 181

